

Division of Senior Services Accomplishments

The Division of Senior Services was established in 1976 with the mission to allow older adults to remain living in their own homes as comfortably and independently as possible, and to hopefully avoid institutionalization while they actively contribute to the community. A belief in our senior citizens and a desire to promote the continuation of an active life has reinforced a commitment of care and quality in a variety of programs, at our ten Senior Centers.

During Fiscal Year 2002/2003, we provided the following services:

- Senior Enrollments totaled more than 5,500 people
- Transportation provided 68,880 rides
- Nutrition served 91,760 congregate meals
- Meals on Wheels delivered 94,020 home delivered meals
- Outreach/Advocacy Representation was provided for 11,074 individuals
- Health Promotion/Assessment Screening was provided for 6,500 individuals
- In-Home Supportive Services were provided for over 88 individuals
- Respite (Alzheimer's relief) staff provided over 7,500 hours of service
- Over 7,600 separate individuals were served, in total

Over the past 27 years, the Division of Senior Services has constantly expanded programs and tried new ideas while maintaining a steady and vital resource for seniors. As a part of the City of Santa Fe, we are audited on a regular basis, and we prepare numerous fiscal reports, as required by law and our grant sources. All reports have proven the City and Senior Services to be fiscally sound. In offering these services, the City's special revenue funds are supplemented by grants from the county, state and federal governments, as well as additional funds needed from the City General Fund to provide for the cash match and indirect overhead costs associated with grants.

We look forward to continuing to provide efficient, quality services to our clientele while providing the above benefits. We offer a mechanism of self esteem to volunteers who remain active assisting those in need. We also continue to provide education, information, and assistance to all members of our community.

SANTA FE City and COUNTY SENIOR CENTER LOCATIONS

CHIMAYO SENIOR CENTER

(Benny Chavez Community Center)
Rte. 1, Box 6-B (on Juan Medina Rd.)
Chimayo, NM 87522
(505) 351-4686

EDGEWOOD SENIOR CENTER

114 Quail Trail
Edgewood, NM 87015
(505) 281-2515

EL RANCHO SENIOR CENTER

(El Rancho Community Center)
SFC 101 D
Santa Fe, NM 87501
(505) 455-2195

LUISA SENIOR CENTER

1522 Luisa Street (entrance on
Columbia St.)
Santa Fe, NM 87501
(505) 955-4717

MARY ESTHER GONZALES SENIOR CENTER (MEG CENTER)

1121 Alto Street
Santa Fe, NM 87501
(505) 955-4721

PASATIEMPO SENIOR CENTER

664 Alta Vista Street
Santa Fe, NM 87501
(505) 955-4755

RIO EN MEDIO SENIOR CENTER

El Alto Lane
Rio en Medio, NM 87506
(505) 988-3053

SANTA CRUZ SENIOR CENTER

(Abedon Lopez Community Center)
145 Santa Cruz Site
Santa Cruz, NM 87567
(505) 753-8598

VENTANA DE VIDA SENIOR CENTER

1500 Pacheco Street
Santa Fe, NM 87505
(505) 955-6731

VILLA CONSUELO SENIOR CENTER

1200 Camino Consuelo
Santa Fe, NM 87505
(505) 474-5431

ACKNOWLEDGEMENTS

This is the twelfth annual calendar prepared by the Division of Senior Services for use by all our seniors and staff. We would like to acknowledge Valerie Chelonis, Graphic Artist for the City of Santa Fe, for her fine work and dedication to this project.

Enjoy! **RITA B. MAES, DIRECTOR**

City of Santa Fe Community Services Department Division of Senior Services

The Division of Senior Services offers a variety of programs to senior citizens (age 60 and over) at ten senior centers throughout the City and County of Santa Fe. The services provided are essential parts of a long-term care system through the provision of transportation, nutrition, home delivered meals, information and referral, outreach, preventive health education, activities and volunteer programs.

Administration/Info Phone	955-4721		
Activities	955-4725	Nutrition	955-4739
Benefits Counseling	955-4721	Preventive Health Program	955-4725
Enrollment/Picture IDs	955-4722	Respite Care Program	955-4745
Family Caregiver Support Program	955-4745	Retired & Senior Volunteer Program	955-4760
Foster Grandparents Program	955-4761	Safe Kids/Safe Seniors Program	955-4754
Home Management	955-4745	Senior Companion Program	955-4761
Meals on Wheels	955-4748	Senior Olympic Program	955-4754
Non-Medical Personal Care	955-4745	Transportation	955-4700

ACTIVITIES PROGRAMS: A great variety of activities are available for senior citizens. Included are dances, exercise, cookouts, painting, drawing, arts and crafts, ceramics, wood carving, quilting, bingo, day trips, crochet, embroidery, knitting, pool (billiards), sing-a-long, holiday events and senior center meetings. For more information call Lupita Martinez at 955-4725, Christine Sanchez at 955-4715 or Rose Slade at 955-4755. Email: smartinez@ci.santa-fe.nm.us or cmsanchez@ci.santa-fe.nm.us or rmslade@ci.santa-fe.nm.us

BENEFITS COUNSELING: Counselors are trained volunteers who can help determine whether individual seniors are receiving all of the benefits that they have earned. This program also provides older New Mexicans, people with disabilities and their families with accurate, unbiased information about health care coverage options. It is funded by the New Mexico Aging and Long-Term Care Department and does not sell, endorse or recommend any specific insurance or health plan. For more information or to schedule a free consultation with Doug Peterson, please call 955-4721.

ENROLLMENT/PICTURE ID CARDS: Enroll in Senior Services and receive your Senior Center Membership Card for \$2.00. The membership card is good for participation at any Senior Center throughout the City and County of Santa Fe, and they do not expire. Cards must be presented to receive meals and transportation and for participation in activities. You will help us secure future funding for our programs by enrolling. For more information call Brenda Ortiz at 955-4722 or Gloria Polaco at 955-4721. Email: bmortiz@ci.santa-fe.nm.us

FAMILY CAREGIVER SUPPORT PROGRAM: This program is designed to meet the needs of those providing care to family members. The program offers educational/emotional support guidance sessions to the caregiver. There is also financial support available in the form of reimbursements to hire relief care providers, pay medical bills, or to pay caregivers who miss work due to their caregiving. There is also a free equipment loan bank. For more information or to schedule an assessment for services, call Theresa Gabaldon at 955-4745 or Louise Kippert at 944-4744. Email: tpgabaldon@ci.santa-fe.nm.us or lvkippert@ci.santa-fe.nm.us

FOSTER GRANDPARENT PROGRAM: This program offers seniors age 60 and older opportunities to serve as mentors, tutors and caregivers for children and youth with special needs. Foster Grandparents provide 20 hours of service weekly to community organizations such as schools and youth centers. Additionally, they offer emotional support to children who have been abused and/or neglected, mentor troubled teenagers and young mothers and care for premature infants and children with physical disabilities. Foster Grandparents receive modest tax-free stipends, reimbursement for transportation, meals during service, annual physical examinations, and free accident and liability insurance while on duty. For more information call Melanie Montoya at 955-4761, Louise Kippert at 955-4744, Patricia Rodriguez at 955-4721, or Linda Quesada at 955-4733.

Email: mmmontoya@ci.santa-fe.nm.us or lkippert@ci.santa-fe.nm.us or lmquesada@ci.santa-fe.nm.us

HOME MANAGEMENT: Our Home Management program provides assistance with housekeeping chores. Services include light housekeeping (mopping, sweeping, dusting, washing dishes, etc), light meal preparation, laundry, ironing and assisting clients with errands, grocery shopping, etc. For more information or to schedule an assessment for services, call Theresa Gabaldon at 955-4745 or Katie Ortiz at 955-4746.

Email: tpgabaldon@ci.santa-fe.nm.us

MEALS ON WHEELS: Home delivered meals are available Monday through Friday for income-eligible frail elderly homebound senior citizens. Menus are the same as those for the senior centers and all meals provide 1/3 of the United States Recommended Daily Allowance (USRDA). For more information or to schedule an assessment for services, call Juan Apodaca at 955-4748 or Robert Duran at 955-4747.

NON-MEDICAL PERSONAL CARE: This program provides bathing, shaving, dressing, manicuring, and other grooming for frail homebound elderly. We assist clients with range-of-motion and low-impact exercises to strengthen their physical condition. For more information or to schedule an assessment for services, call Theresa Gabaldon at 955-4745 or Katie Ortiz at 955-4746. Email: tpgabaldon@ci.santa-fe.nm.us

NUTRITION: Congregate dining in a pleasant, relaxed environment is available at ten sites throughout the City and County of Santa Fe. The Division of Senior Services offers well balanced, nutritious meals Monday through Friday. Breakfast is served from 7:30 a.m. to 8:30 a.m. for a suggested donation of .50¢, at the Pasatiempo, Luisa and Mary Esther Gonzales Senior Centers and lunch is generally served at all ten centers from 11:00 a.m. to 12:30 p.m. for a suggested donation of \$1.00 per meal for seniors 60 years and older. For more information call Ron Vialpando or Yvette Sweeney at 955-4739. Email: rjvialpando@ci.santa-fe.nm.us

MEAL SITES

Chimayo Center (Bennie J. Chavez)	351-4686	Pasatiempo Center	955-6433
Edgewood Center	281-2515	Rio en Medio Center	988-3053
El Rancho Center	455-2195	Santa Cruz Center (Abeldon Lopez)	753-8598
Luisa Center	955-4717	Ventana de Vida Center	955-6731
Mary Esther Gonzales Center	955-4721	Villa Consuelo Center	474-5431

PREVENTIVE HEALTH PROGRAM: This program provides a wide variety of educational sessions for preventive health issues, including monthly blood pressure clinics, blood sugar and oxygen level tests, periodic cholesterol testing, hearing and eye tests, diabetes tests, breast cancer screening, flu shots, health education workshops and presentations. For more information call Lupita Martinez at 955-4725 or Ron Pacheco at 955-4754.

Email: lsmartinez@ci.santa-fe.nm.us or jrpacheco@santa-fe.nm.us

RESPIRE CARE PROGRAM: This program provides relief to primary caregivers of individuals diagnosed with Alzheimer's disease or dementia-related disorders, thus enabling the caregiver a break from the stress and the special care needs required of those individuals. This service provides companionship, maintaining a clean and safe environment, minor meal preparation, memory exercises and minor non-medical personal care. For more information or to schedule an assessment for services, call Theresa Gabaldon at 955-4745 or Louise Kippert at 955-4744. Email: tpgabaldon@ci.santa-fe.nm.us or lkippert@ci.santa-fe.nm.us

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP): This program provides interested seniors age 55 and over with a wide variety of volunteer opportunities that meet vital community needs. The program supports those volunteers through a free supplemental insurance program, semi-annual volunteer recognition banquets, "thank you" gifts and birthday recognition. Volunteer opportunities include food distribution, health benefit counseling, mentoring, hospital and library services, office reception, homeland security, senior center activities, and much more. For more information call Kristin Slater-Huff at 955-4760 or Cristy J. Montoya at 955-4743. Email: kwslater-huff@ci.santa-fe.nm.us website: www.santafersvp.org

SAFE KIDS/SAFE SENIORS: This program recognizes that children and seniors are among the community's most valuable resources and addresses matters related to safety and prevention of unintentional injuries for these two groups. Injury prevention awareness is provided for seniors, in the form of presentations and safety literature, and for children, in the form of bike rodeos and car seat clinics. This program is the first of its kind in the nation and offers both segments of the population the opportunity and education for increased safety consciousness. For more information call Ron Pacheco at 955-4754 or Gloria Polaco at 955-4721. Email: jrpacheco@ci.santa-fe.nm.us

SENIOR COMPANION PROGRAM: This program offers seniors age 60 and over opportunities to serve as companions and/or caregivers for individuals with special and exceptional needs. They provide 20 hours of companionship per week to several frail, homebound clients. Additionally, they offer emotional support to seniors who have been abused and/or neglected. This enables the homebound individuals to remain living comfortably in their own homes, postponing or preventing institutionalization. Senior Companions receive modest tax-free stipends, reimbursement for transportation, meals during service and free accident and liability insurance while on duty. For more information or to schedule an assessment, call Melanie Montoya at 955-4761, Patricia Rodriguez at 955-4721, Louise Kippert at 955-4744 or Linda Quesada at 955-4733. Email: mmmontoya@ci.santa-fe.nm.us or lkippert@ci.santa-fe.nm.us

SENIOR OLYMPIC PROGRAM: This program provides men and women, ages 50 and over, physical activities as well as an opportunity to share friendship with their peers city and countywide. Senior Olympians participate within their own age category and level of ability in athletic and recreational events, which provide socialization. The Senior Olympics are designed to further motivate senior adults to participate in year-round wellness activities, which heighten their physical and mental fitness. For more information call Ron Pacheco at 955-4754 or Patricia Rodriguez at 955-4721. Email: jrpacheco@ci.santa-fe.nm.us

TRANSPORTATION: Transit services are provided Monday, Wednesday, Thursday and Friday from 7:00 a.m. to 4:30 p.m. and Tuesday from 7:00 a.m. to 3:00 p.m. for grocery shopping, doctor appointments and social service agency appointments. Transportation reservations MUST BE MADE 24 HOURS IN ADVANCE, before 3:00 p.m. The cost for seniors 60 and over is a suggested donation of .25¢ per ride. Drivers may arrive up to 15 minutes before or after scheduled pick up time, depending on previous pick-ups. For more information call Daniel E. Allen or Fran Rodriguez at 955-4700.